

Dear Divine Souls,

Spiritual hunger is a wonderful thing. Rare are the people who hunger for God. Rarer are those who take positive steps to search for Him. In today's trying times where mankind seems to have crossed the line and is madly scrambling to tear Mother Earth asunder with greed and avarice for the pleasures of Creation, there are those few who have felt the deep need to connect with the Creator. It is for these true seekers that Dadashreeji has come to guide home.

The MaitriBodh Parivaar is today the fastest growing spiritual organisation in the entire world. It comprises those who have felt the Love and Peace emanating from Dadashreeji and are joined together to spread the word. It is because of Dadashreeji and the MaitriBodh Parivaar that mankind is heeding the need to transform from within. Dada is reaching out to the true spiritual seekers to reconnect with Divinity and work on themselves, correcting the wrongs of many births so as to reach back to where we came from – The Source. Dada is teaching His children the joy of Love and Peace. His teachings of living a simple life naturally – yet in a meaningful and practical manner is attracting more and more spiritual seekers from across the globe. His Grace flows ceaselessly and people are getting transformed deep within as their lives are given a specific direction and a reason for their existence.

Dada's guides us as a true friend would, full of love and care yet ever practical. He does not wish us to renounce the material world, instead guides us as we enjoy our time on Earth yet remaining ever connected to Divinity as we grow with our lessons. The mission of the MaitriBodh Parivaar is to carry His message of Love and Peace along with Selfless Service to all beings. Let us work together and become the beacons of hope to the millions still stuck in misery and unhappiness and help them cross over to hope love and peace.

- On behalf of MaitriBodh Parivaar

ANAHITA

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Monthly *e-Zine* from **MaitriBodh Parivaar**



Cover pic: The MBCS initiative –
VEDS at Sofitel, Mumbai



MaitriBodh

“Once you get the taste of the Divine – nourish it, communicate with it and experience it grow - that will give you true bliss.”



Divinity is tasted by not by the tongue but by the heart. The taste is so sweet, that it often brings tears to your eyes. The taste is not relayed by the senses from outside but seems to come from inside – like a gushing fountain. This feeling is also called Bliss.

Once tasted it has to be nourished. Constant touch with the Divine is maintained through the chanting of mantras, prayers, meditation, visual remembrance of memories, through photos and by ARADHANA (Praise the Divine and the contemplation on the qualities of the Divine). The more you practice these, the more it becomes a part of you.

Eventually when you reach the stage of being close to the Divine, It (by It's Grace) pulls you to merge with it and thereafter one experiences unparalleled bliss.

Dada my Divine Friend

He has taught me to unlearn everything! How can I describe the indescribable? Dada is my sea of Mercy and Grace. He is the source of Truth and Faith. He is my Fountain of life and my tall cypress tree majestic and evergreen.

His friendship and companionship is like a journey that can only be experienced from within but never truly grasped from the outside. He is the epitome of love that moves the whole universe, at times retreating into the background and holding every piece together. This happens only once in a lifetime and my encounter with Dada is that 'once in a lifetime' encounter.

All my endeavours have lead me to His lotus feet and my journey ends with Him. He has unraveled all the knots in my life and it's through him that I have experienced what true Love is –

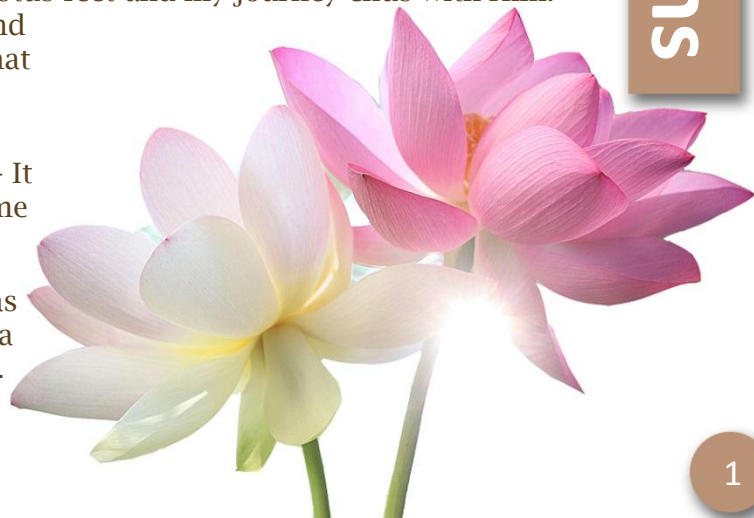
The Mystery Called Love!

Love cannot be explained yet it explains all- It can only be experienced and he has given me this experience.

Now my inner growth my inner journey has begun and I will soar and fly with my Dada wherever he takes me whenever He wants.

At His lotus feet

Thank you Dada My Divine Best Friend





A Tale of Ears

with the family physician. Could nothing be done? "I believe I could graft on a pair of outer ears, if they could be procured," the doctor decided.

Whereupon the search began for a person who would make such a sacrifice for a young man. Two years went by. Then, "You are going to the hospital, Son. Mother and I have someone who will donate the ears you need. But it's a secret," said the father. The operation was a brilliant success, and a new person emerged. His talents blossomed into genius, and school and college became a series of triumphs.

Later he married and entered the diplomatic service. "But I must know!" He urged his father, "Who gave so much for me? I could never do enough for him." "I do not believe you could," said the father, "but the agreement was that you are not to know ... not yet." The years kept their profound secret, but the day did come ... one of the darkest days that a son must endure. He stood with his father over his mother's casket. Slowly, tenderly, the father stretched forth a hand and raised the thick, reddish-brown hair to reveal that the mother had no outer ears. "Mother said she was glad she never let her hair be cut," he whispered gently, "and nobody ever thought Mother less beautiful, did they?"

Real beauty lies not in the physical appearance, but in the heart. Real treasure lies not in what that can be seen, but what that cannot be seen. Real love lies not in what is done and known, but in that what is done but not known.

"Can I see my baby?" the happy new mother asked.

When the bundle was nestled in her arms and she moved the fold of cloth to look upon his tiny face, she gasped. The doctor turned quickly and looked out the tall hospital window. The baby had been born without ears.

Time proved that the baby's hearing was perfect. It was only his appearance that was marred. When he rushed home from school one day and flung himself into his mother's arms, she sighed, knowing that his life was to be a succession of heartbreaks. He blurted out the tragedy. "A boy, a big boy... called me a freak."

He grew up, handsome despite his misfortune. A favourite with his fellow students, he might have been class president, but for that. He developed a gift, a talent for literature and music. "But you might mingle with other young people," his mother reproved him, but felt a kindness in her heart. The boy's father had a session

The Perfume Maker

The past when Dada was not my guiding light seems a completely different lifetime. I fail to recollect much of my life prior to finding refuge at His lotus feet. It was a November day in 2014, when I saw Dadashreeji's message, which changed my mundane and ordinary life.

Last winter, I was visiting France. The deciduous trees were completely stripped of their foliage. It appeared to me that we humans take the seasons of our lives as permanent - but the trees know this to be just a process. Leaves reappear in spring and the bare branches look up in gratitude and love to Dada - The Creator. During one of my journeys, I found myself in a perfume factory. It was called the House of Fragonard. This is a 90 year old company specializing in their own personalized perfumes.

A lady took us around and explained the process of perfume making. For me it was a lesson that made me see Dada in a completely new light. The lady explaining that three main types of ingredients are mixed and churned to make perfumes- some 15% to 30% of essential oils, 70 to 75% of pure grain alcohol, 5% distilled water. The perfume maker creates his own magic mixture by combining various ingredients in different proportions and let

them settle down with patience from two to thirty days.

I have heard a Mitr's saying –

"Our Dada teaches us patience - very patiently."

According to the process, there are three different notes in scented essential oil - the base notes – which include aromas like vanilla, cinnamon etc- which stay longer and linger longer; the middle notes - which stay slightly more but will evaporate eventually. Finally there are the top notes, consisting of popular scents like lavender, jasmine etc - these essential oils linger the least and require stronger base notes to support them. The lady let us smell the final products as well as the essential oils providing the base notes. We were surprised that the final perfume did not carry any scent of the base notes which was the foundation of the perfume. The lady explained that the perfume maker decided what proportion of essential oils he wanted to use. The final perfume eventually lost all the scents of the ingredients and only the magic created by the perfume maker remained.

I was thinking of our Dada, the supreme perfume maker, who is the only person who knows –

My Dada, the perfume maker with the magic wand

*How you mix us all with your dainty hands,
As if playing with a naughty vision of a child,
Breaking the egos at times and encouraging
The weak and the insignificant at the other;*

Oh, our Dada, the perfume maker, with the magic wand

*How you mix us all with your dainty hands,
You use the proportion you know will best fit,
Making us all lose ourselves only to find ourselves
Once again in a new identity losing all that was before
But how well you churn Dada - removing all that was us
And making us all part of the final magic perfume,
Which we call life and you call your Leela.*



Medical Camp at Jambrung



MaitriBodh Parivaar organised its first medical camp at Jambrung Village, Karjat on Sunday 17th April 2016 with the assistance of the doctors from the Hinduja Hospital, Mumbai.

More than 100 people from the surrounding villages attended the Medical Camp. They were treated from 11.00 am to 3.00 pm for various health issues and were given medicines free of cost as prescribed by the doctors. The villagers look forward to more such medical camps from the Parivaar.

The doctors team from Hinduja Hospital comprised of Dr. Balakrishnan, Dr. Vivek Shetty, Dr. Rajesh Rajani and Dr. Prameela Kurkal who gave their valuable time on Sunday for this noble cause. The MaitriBodh Parivaar will be conducting more such medical camps in the near future.

Blood Donation Camp

Amritsar: 5th April'16



More than 200 people participated in this noble cause which was organized by YGPT (MaitriBodh Parivaar's Youth Wing) Amritsar.

Bodh - Awakening to Self Realization

Amritsar - 17th Apr | Coimbatore - 23rd & 24th Apr
Delhi - 10th Apr | Gurgaon - 3rd, 10th 17th & 30th Apr | Moers (Germany) - 17th Apr |
Mumbai - 24th Apr | Pune - 16th Apr | Thane - 14th Apr | Vienna (Austria) - 25th Apr |
Winterthur (Switzerland) - 24th Apr

The overwhelming surge of energy, the love, joy and peace experienced by seekers' in every Bodh session makes leaving the harmonious environment difficult for them. Participants have been connecting with the all-pervading supreme consciousness; experiencing grace as love fill their beings. A participant shared, " I have been to many Master's but this is the first time I have felt connected". The experiences have been transforming participants live more meaningful and purposeful lives.

Maitri sessions

Vienna, Chur, Moers, Winterthur, Munich (Europe)

Seekers have been receiving answers on queries like, how to live life, Dadashreeji, finding peace and many more. Followed by powerful meditation sessions they experience great peace and are now yearning to meet Dadashreeji, a wish that shall be soon fulfilled.

Prayer, Healing and Meditation Sessions are being held in many cities in India, Europe and the USA.

Events at MBP



Welcome To
The VEDS Workshop



VEDS – Heartfulness at Work

Transformational Workshop for Corporate Leaders and Entrepreneurs

The much awaited Transformational Workshop for Corporate Leaders and Entrepreneurs, VEDS – Heartfulness at work was launched by MaitriBodh Corporate Services on 23rd April at the Sofitel, BKC, Mumbai.

The Workshop focused on harnessing the power of the heart for the development of the individual and organisation development thus re-establishing the need of Heartfulness at Work.

The interactive workshop spearheaded by our Mitr's and Maitreyi's specially trained for this purpose, was attended by corporate leaders and entrepreneurs from Mumbai, Delhi, Gujarat and Chennai, garnered a wonderful response.

The program was blessed and graced by our guiding force – Dadashreeji who's powerful yet compassionate words touched one and all.

Dadashreeji spoke about the three tenets of Heartfulness – Love, Courage and Gratitude.

Love – the driving force of life, Courage – to follow your dreams against all adversities and Gratitude - to be able to thank all people and situations in our lives.

With a promise of heartfelt beginnings at work and in life, the program concluded with a meditation session to reconnect to our inner self.

Testimonials from some of the participants :

"I would like to extend my sincere heartfelt thanks to you and other members of MaitriBodh Parivaar for the beautiful program on Heartfulness at Work. I am sure, the participants will be able to bring the goodness of the program to their organizations as well."

Manisha Arora | DGM-Learning & Development
Distribution Logistics Infrastructure Private Limited (DLI)

"It touches a chord and bridges your brain to your heart so as to remind people to pause and review before they act."

Atul Vartak, Entrepreneur

"The VEDS training program was simple in its message – focus inwards – then the external world can be easily understood. Heartfulness can be practiced in business with superb results – all stakeholders benefit immensely. MBCS is doing great service to the corporate world by teaching Heartfulness."

P.R.P. Ramakrishnan, Director Engineering, Asia Pacific Region, Marriott Group of Hotels

"I am so grateful to you for the Heartfulness session. It was awesome. All the questions have been answered. Thanks a lot."

Amritpal Singh Sodhi, CEO- SARSO

Events at MBP

We invite you to avail this opportunity to make a difference in your organisation through

VEDS – Heartfulness at Work on 30th July, 2016 in New Delhi.

To register call us at **09930030935 / 09930436236** or write to us at **mbcs@maitribodh.org**

Visit our website: **www.mbcsglobal.org** . FB :MaitriBodh Corporate Services

Heat Stroke

It has been a scorching summer in most parts of India and the threat of heat stroke is always present. In India, between 2004 and 2013, almost 10,000 people have died from heatstroke!

During exposure to the sun if someone loses salt and water and feels tired, weak and gets cramps then he/she is said to have heat-exhaustion. If this worsens the body's compensatory mechanism to reduce heat may malfunction and the body's temperature becomes dangerously high, it results in heat-stroke.

Who are Prone?

- Military personnel and sportsmen. Men working in the construction, road and railway sector.
- Extremes of age (young and elderly).
- Some pre-existing medical conditions including include heart and lung disease, obesity, a sedentary lifestyle and recent loose motions.
- Medications: Those on medicines for heart problems. For example beta blockers, diuretics etc.
- Those who are sleep deprived.

Symptoms & Signs

- Elevated body temperature.
- Confusion, delirium irritability and rarely convulsions and even coma.
- The skin can either be dry or moist (physical exertion induced heatstroke). At times there may be redness of the skin.
- Nausea, vomiting and headache are characteristic features.
- Breaths are quick and shallow while there is an increased heart rate.

Treatment

Heat stroke is a medical emergency. While waiting for help, the individual should go somewhere cooler and attempt to reduce the body's temperature. The main treatment is to reduce the internal temperature of the patient as quickly as possible.

These are some of the measures used:

- Cold water (often with ice) immersion.
- Keeping ice in the groins, armpit, neck and back. These are areas of large blood vessels. The blood which flows through them cools and the temperature is brought down.
- Cooling blankets
- Misting cold water onto the skin and at the same time fanning the patient so as to cause evaporation which in turn cools the skin.
- At times medications like benzodiazepines are given to prevent shivering in response to cold therapy. Preventing shivering prevents increase in body temperature.

Prevention

- Wear loose-fitting, light weight and light coloured clothing.
- Wide brim hats and umbrellas are very helpful.
- Keep taking fluids intermittently.
- Avoid venturing out during the hottest part of the day (11am- 2 pm). If it is not possible, at least, increase fluid intake and take frequent rests in the shade.
- Avoid sunburn (by using sun-screens) as this prevents the body from over heating.



Upcoming events

Guru Purnima Celebrations

Mumbai – 17th July

ShantiKshetra Premgiri Ashram – 19th July

Bodh III (Path Divine) :

ShantiKshetra Premgiri Ashram

22nd – 24th July

Akhand Jaap :

Amritsar – 14th May | 8am to 8pm

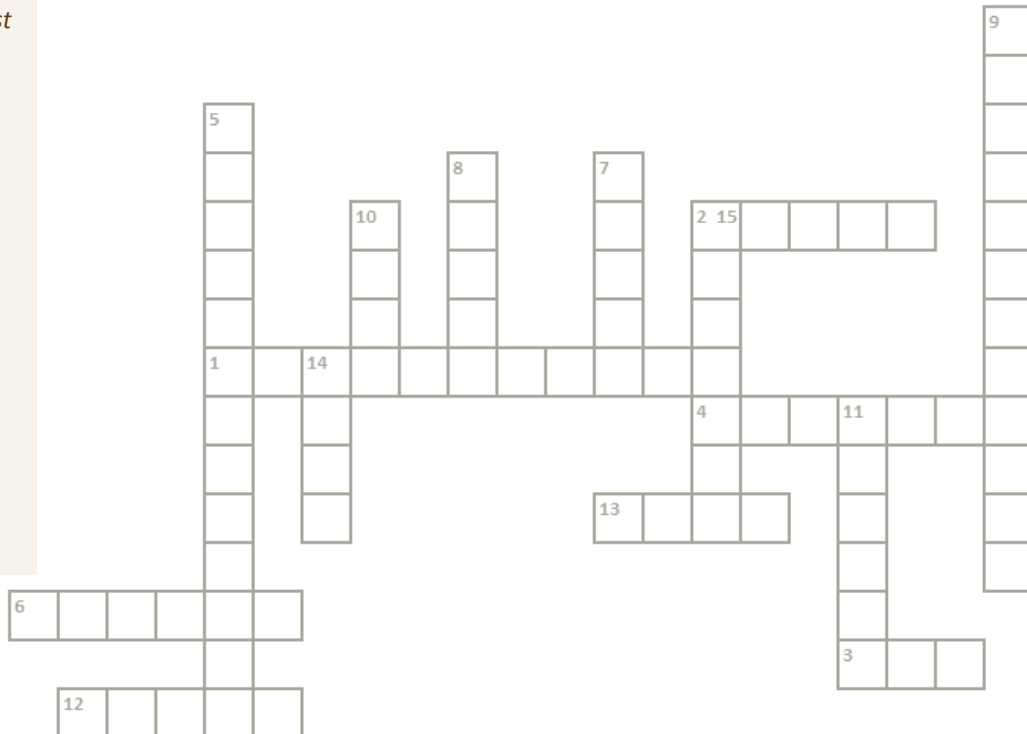
Stress Management session for Delhi Police :

Delhi – 17th May

For regional Bodh I (Awakening to Self Realisation) or other spiritual sessions / social events, please connect with us on the regional details given on the next page.

Solutions for last month's game:

1. Knowledge ,
2. Bonding,
3. Words,
4. Seven,
5. Faith,
6. Surrender,
7. Friends,
8. Dadashreeji,
9. Gratitude,
10. Havans,
11. Ego,
12. Sambodh,
13. Serve,
14. True,
15. Babaji



Unpuzzle

Across :

1. He is a transformation specialist & love incarnate.
3. Don't speak ___ about others.
4. Divinity needs your _____,so always ask.
6. Dadashreeji wants us to focus on this without expectations.
12. Setting of smart _____ is one of the Panch Sutras given by Dadashreeji.
13. We must always _____ others selflessly.
15. By being in _____ one can easily look within & connect with the Divine.

Down :

2. A _____ camp was organized by MaitriBodh Parivaar at Jambrung village near Karjat Ashram on 17th April 2016.
5. _____ love will help us grow spiritually.
7. The more you surrender to Him, the more _____ you will receive.
8. _____ in the words of the Master is one of the qualities of a seeker.
9. _____ & cleansing of oneself is done in Bodh 2.
10. By doing chanting & _____,one can experience the love of the Divine.
11. _____ Pravaah will sow the seed for bonding with the Divine.
14. Doing one good _____ daily will bring about a smile on Dadashreeji's face.

You can also send us your own experiences, articles, stories, poems or spiritual questions.

Selected ones will be published in our future issues. Mail us at: anahita@maitribodh.org

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Contact us

Question:

Is it essential for every spiritual seeker to undergo the “purification process” (Chitta-Shuddhi)? May I request you to enlighten us more on the purification process?

Dadashreeji :

Dear Friends,

Basically, the purification process is a systematic, progressive and effective way to expunge or cleanse unwanted, grievous, detrimental, traumatic, rotten and other dormant impressions of your subtle body which have blocked your path of growth.

Depending on levels, purification is of three types i.e. Physical, Psychological and lastly the deep subconscious level. As you move within from one level to the other, the process becomes slower but more powerful. For the first type, the physical body has its own natural mechanism to wipe away all that is not required. On the psychological front, the mind also has the ability to purify itself from irrelevant and unwelcome accumulated thoughts' energies during sleep. Although, one possesses natural processes to cleanse oneself, one is unable to use them to their maximum potential. The reason is that many of you are careless or place little value towards cleansing these vital layers. A proper mindful diet and relaxing deep sleep would provide you with a healthy body and a happy mind. I urge you to include this into your daily practice thus staying healthy and happy in life.

Deeper than these layers is a deep subconscious plane, called the 'chitta' where all your core values, ingrained impressions and unique traits are recorded. To understand it simply, this is where you, as a unique character are defined. This inner plane influences your mind and further, your body in unison. You are hardly able to access this deep plane in these days of competition and survival in the game of life. One may inherently feel or get connected to this level 3-5 times in a day. There are no other active processes one can practice on their own, to free oneself from past burdens or blockages. Hence, this deep layer remains largely unexplored, unattended and untreated.

This is exactly where the purification processes help you cleanse and remove the dirt of the past and thus experience true freedom in life. Processes that are done here are well structured, intense and conducted in a way that slowly and steadily release you from these blockages.

'Beej sanskaar' is one of the intense processes that sow the seed of Divine intelligence within you. One starts experiencing a truly worth-noting, value-based, conscience-driven and inner-voice guided life. You just need to follow the basic preparation as advised by our friends while participating in these processes.

We conduct the purification process specifically for the deep subconscious plane (Chitta) and not for the body or mind directly. However, these integral and endogenous transformation processes further spontaneously unfold positive outcomes externally. When you dive deep into your inner world, there is a sudden and huge release of energy. The past latent memories surface up to your awareness. Consequently one may experience transient disturbances in the mind, which subside later into a deep silence. You may feel being light within as if something unwanted has been released from within you. There is an upward shift in the energy – strengthening you mentally and emotionally. Notable post this process is that your perception towards similar situations and people changes. You deal with the same unchanged, challenging events but with solutions, zeal and calmness. These are a few markers that you will witness during the purification process although not limited to the aforementioned alone.

Remember, the only worthwhile challenge in your life – is to change your Self. The rest is baseless and a waste of time.

Love and Blessings!

Dadashreeji !



Events at MBP